



*Music as Medicine at the End of Life
with Amy Cunningham*

AGENDA

10 am-12:30 pm

- Welcome & Introductions
- Video: Cymatics, and the ways that sound organizes matter
- Introduction to Music-Thanatology, including Medieval and present-day origins
- Experiential practice—synchronizing music to a patient’s respiration
- Use of unfamiliar music with end of life patients/sources of repertoire
- Demonstration of sound qualities/effectiveness of harp and voice at the bedside
- Demonstration of a music-thanatology session
- Effects of a music session

12:30-2:00 pm

- Lunch and movement break

2:00-5:00 pm

- Music in the time of COVID-19—how to offer a remote music session via zoom
- Video: Alive Inside—featuring the effects of familiar music on dementia patients
- Breakout session focuses on favorite music to offer support, solace, etc.
- Tips for the use of recorded music at the bedside, including use of the raw materials of music
- Journaling in response to listening to recorded excerpts
- How to create a healing aural environment
- The effective use of instruments at the bedside
- Experiential practice in toning, chanting and singing
- Closing reflection including questions and answer session

LEARNING OBJECTIVES:

Following the webinar, participants will be able to:

- Explain how the power of sound helps individuals make meaning at the end of life.

- Utilize the raw materials of music to connect with end-of-life patients.
- Apply their musical skills at the bedside with confidence and sensitivity
- Relate to liminal patients with the breath and with live music.
- Choose appropriate recordings to calm the nervous system